PLANT FACT SHEET

Neptunia oleracea Lour.

GENUS *Neptunia* **FAMILY** Fabaceae

COMMON NAMES Water mimosa

EDIBLE PARTS AND USES

Edible parts: Leaves, Pods, Stem, Vegetable

The young leaves and stalks are eaten as a vegetable. (The white section is removed.) They can be eaten raw but also fried or served with vermicelli and peanut curry.
It is also used in sour vegetable salads and hot and sour soup.
The young seed pods are cooked and eaten.

DESCRIPTION

A plant which grows in water. It has stalks which lie along the ground and also ones which stick upwards. The stems are up to 1.5 m long. The floating parts have spongy white balls around each internode. These only develop when plants grow in water. From each internode roots extend downwards and leaves extend upwards. The leaves are 3.5-8 cm long with 2-3 pairs of leaflet stalks. Along these are 8-18 pairs of leaflets. These are 4-10 mm long by 1.2-3 mm wide. They are dark green. The flowers are yellow and in round heads. They are 1.5 cm long. The flower stalk is 12-30 cm long. The fruit is a pod. It is oblong and flat. It is 2 cm long by 1 cm wide. There are 4-8 seeds. These are 4-5 mm long by 2.5-3.5 mm wide.

HABITAT

It is a tropical plant. It floats in ditches and ponds. It grows in wetlands.

PRODUCTION

Harvesting and Seed Production

It is grown in tanks.

NOTES

There are about 11 Neptunia species. They are mainly tropical. Also as Mimosaceae. Leaves are high in proVitamin A.

PICTURES



Credit: Food Plants International (Bruce French)



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